

Special Considerations And Tips For Senior Citizens Travel

Cellular and extracellular changes of old age cause a change in physical appearance and a decline in function. Measurable changes in shape and body makeup occur. The body's ability to maintain homeostasis becomes increasingly diminished with cellular aging, and organ systems cannot function at full efficiency because of cellular and tissue deficits. The well-being of an aged person depends on physical, mental, social, and environmental factors. A total assessment includes an evaluation of all major body systems, social and mental status, and the ability of the person to function independently despite a chronic illness. Psychological Aspects of Aging Successful psychological aging is reflected in the senior citizen's ability to adapt to physical, social, and emotional losses and to achieve contentment, serenity, and life satisfactions. Because changes in life patterns are inevitable over a lifetime, the older person needs resiliency and coping skills when confronting stresses and change. For this reason, experts recommend travels and other recreational activities for the seniors to promote psychological, social, physical, and emotional aspect of the elderly. Ideally, senior citizens do best in their own, familiar environment. But adjustments to the environment may be required to allow the older adult to travel to places they have not yet enjoyed in their entire life. This is to promote life satisfaction in normal aging. Hence, it is recommended that senior citizens maintain the active lifestyle by engaging in activities that will help them promote their total well-being, such as senior citizens travel. However, since seniors travel will mainly compose of older people, it is important for them to know the necessary precautionary measures in order to avoid health risks as well as social dilemma. To guide the senior citizens on their travel, here is a list of some senior citizens travel tips: 1. Airline travel tips Most seniors travel by air. Hence, it is important to know the privileges especially designed for senior citizens traveling through airplanes. Senior citizens should know that before making any reservations, they should try to learn more about the privileges for senior citizens made available by a certain airline company. Special discounts and privileges are provided by the government and should be imposed by all airline companies. If the seniors knows his right, he will never miss these great opportunities. He will also be able to save more on discounts and freebies. 2. Have a nose for news Senior citizens who travel a lot should have a nose for news. If they will be traveling, they should stay glued on their televisions, newspapers, and radios for any cancellations on flight schedules. Seniors might experience difficulty when stranded on an airport just because of delayed or cancelled flight. Hence, knowing the problem before hand will enable the senior citizens to act appropriately and prepare solutions for the problem. 3. Money matters When traveling, seniors should remember not to bring too many cash with them. They should only bring the necessary things with them, such as credit cards (this should be limited, at least 1 or 2 cards will do) and important identification cards. It is best not to bring any unnecessary items such as extra cash, additional credit cards, or any cards that will reveal their Social Security number or any personal information such as address or home telephone number. Statistical reports show that nearly 40% of identity theft cases and other crimes involve senior citizens. This is because most seniors fall easy prey to unscrupulous people. So to avoid such problems, senior citizens should be more wary on their money matters when traveling. 4. Open communication To ensure security at all times, communication should always be open between senior citizens and their immediate families. One good way to maintain an open communication is to bring mobile phones on senior citizens travels. If this is not possible, it is best that the concerned seniors leave the necessary information to their families to ensure immediate contact in case something came up. There are community support services that are available to help senior citizens outside their home. Hence, it is best to know these things so that they will know what to do whenever they need help while on travel. Keep in mind that the frail senior citizens can experience multiple problems at any given point in time. Therefore, it is important that they know what to do first when certain problems occur especially during their travel.